

A TIP FROM A
**FORMER
SMOKER**

**I smoked menthol
cigarettes. Now I have
COPD from smoking.**

Geri, age 58, Michigan

Geri smoked menthol cigarettes. Now she has COPD. There is no cure. She's hoping to get on the lung transplant list, but she doesn't know if she'll be accepted in time.

You can quit smoking.

**For free help, call
1-800-QUIT-NOW.**



[CDC.gov/quit](https://www.cdc.gov/quit)

